

## **SEASONAL AFFECTIVE DISORDER (S.A.D.)**

It is very common to feel down and lethargic in winter. What can you do about it.

1. GET OUT INTO SUNLIGHT AND WALK FOR 20 MINUTES EVERYDAY IT'S SUNNY. EXPOSE as much skin as you comfortably can.
2. Take omega 3 fish oils (or FLAX/LINSEED OIL IF YOU ARE VEGETARIAN OR VEGAN). YOUR BODY TURNS THESE INTO MOOD ELEVATING NEURO-TRANSMITTERS.
3. Take extra Vitamin D. Low vitamin D levels are associated with winter Depression.
4. Buy a FULL SPECTRUM light bulb for the main rooms you work and sit in These give off a wave length 98% that of sunlight. (These can be ordered from Belper Natural Health Centre).
5. Buy a light box. Full spectrum light stimulates the pineal gland in your skull and adrenal glands to produce Hormones which elevate your mood and keep you awake. Light boxes should be used as early as possible in the day, usually for around 30 minutes. Eyes should be open but focusing above not looking directly at the lightbox.

They are very effective but are best used from early autumn.

Alternatively book a holiday in the Southern Hemisphere.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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